

Phoenix VA Adaptive Sports Program

November 2020

Volume 6, Issue 2

Phoenix VA Adaptive Sports News

Adaptive Sports Clinics offered this Season:

- **How to Make Adaptive Sports Work for You Virtual Series**
- **Dancing With The Veterans of America**
- **Intro to Pickleball**
- **Intro to Cycling (REAL BIKES)**
- **Intro to Archery (Actual Targets!)**
- Individual and Small-Group

Here we go! The fresh start for Adaptive Sports! We will be offering a variety of face-to-face clinics, as well as some Virtual Clinics, to provide better access for all of you! 2020 is almost done, and hopefully 2021 brings us more time to see each other and relax! We've had a lot of great times and spending time together does wonders for our mental health AND our physical health. Let's make this upcoming year the best we can!

Group spaces are **LIMITED!** So attendance is important! If you cannot attend a clinic, or you're unsure if you'll be able to, please do not take a spot that another Veteran can have.

If you are interested in participating in any of the clinics, please make sure to be clear with **what clinic you want, the session and time you would prefer.** **If you are interested in multiple clinics, please pick your top 2 and we will do our best to accommodate.**

If you have not attended our Virtual Series on "How to Make Adaptive Sports Work for You" we highly encourage you to do so. There are a number of changes taking place in Adaptive Sports and we don't want you to be caught off guard, **AND** we would like your input. Changes include ordering equipment, establishing and meeting goals, new Phase Program, AND attendance to National Events. You cannot order equipment until you have attended this How-To Clinic.

You can send an email to:

Joshua.parks@va.gov **or** call/text (Office): 602-277-5551 x3371 (Cell): 602-517-2675

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Tuesdays
Group 1
1/5
1/12
1/19

Group 2
1/26
2/2
2/9

Thursdays
Group 3
2/18
2/25
3/4

Group 4
3/11
3/18
3/25

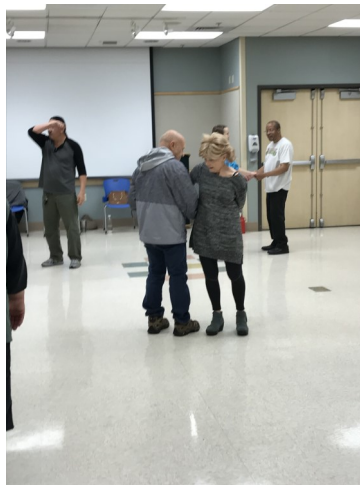
How to Make Adaptive Sports Work for You Virtual Series

No matter if you are new to this program, or a pro, learn all this program has to offer you and how you can take all of it's opportunities to benefit your own goals. Interested on acquiring adaptive sports equipment from the VA? Curious how you may qualify? Interested in attending any National VA Sponsored games and events? This is a very important time for the Adaptive Sports program as it will be starting to roll out some new ideas and programs. We would like to hear from you and get your feedback on the future of this program. Please join us for a 3 session virtual series.

When: Tuesdays/Thursdays 1300-1400

Starting: Choose a group from left

Location: Comfort of your home



Virtual Dance!

Virtual Dance Dates

Thursdays

1/7
1/14
1/21
1/28
2/4
2/11

Dancing with the Veterans of America is offering adaptive sports programs to veterans in ballroom & Latin dance, including: Mambo, Country Two Step, Tango, Bachata, Swing, Waltz and more. Beginner's welcomed and no partner needed! Come enjoy the company of other veterans during our weekly group classes. Several different programs to choose from in social, competition, exercise, and caregivers/spouses partnerships dancing to choose from.

When: Thursdays 1300 - 1430

Starting: Thursday 1/7/2020

Location: Comfort of your home

Intro to Pickleball

Pickleball Dates

Wednesday

1/6
1/13
1/20
1/27
2/3
2/10

Pickleball combines the best of badminton, ping pong and tennis into a sport that can be enjoyed by people of all ages and athletic abilities. The game uses a paddle comparable to a large ping pong paddle and a ball that is similar to a whiffle ball.

The game has become very popular since it is a low-impact sport that can be played indoors or outdoors and with or without teams. Pickleball is a great low-impact form of exercise that has a ton of health benefits. It is a great alternative to tennis for those who no longer feel they can cover that much court or deal with the injuries. Pickleball can be played standing or in a wheelchair.

This clinic is for BEGINNERS ONLY. We will be going over how to play, where to play, and what kind of drills can be done to hone your skillz.

When: Wednesday 0900 - 1030

Starting: 1/6/2021

Location: Marriott Hotel

Intro To Cycling Clinic

Beginner Cycling Dates

1st Session
1/8/2020
1/15/2020
1/22/2020
1/29/2020
2/5/2020
2/12/2020

2nd Session
2/19/2020
2/26/2020
3/5/2020
3/12/2020
3/19/2020
3/26/2020

Adaptive Cycling is really a very simple concept: modify and adapt cycles to suit an individual rider. The beauty of adaptive cycling, is that it is truly a multi-disability sport. No two disabilities are identical, and there are endless adaptations that can be made. The Beginning Adaptive Cycling clinics are for those who are new to the Adaptive Cycling world!

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This clinic is for Veterans who have NOT participated in or trialed Adaptive Recumbent Trikes in the past.

Adaptive Cycling Clinics:

1st Session Fridays at 9:00am or 10:00am **Starting 1/8/2020**

2nd Session Tuesdays at 9:00am or 10:00am **Starting 2/19/2020**

Location: Steele Indian School Park-[300 E Indian School Rd, Phoenix, AZ 85012](#)



Archery 101 & Advanced Archery

The greatest feature of Adaptive Archery is that almost any-one can do it. Adaptive Archery provided an opportunity for participation by people of any age, gender, or physical ability at any stage in their lives.

The Adaptive Archery clinics meet for 6 sessions. In the program veterans will learn about safety, equipment, and adaptive techniques to use while at the archery range.

You will also learn about where you can shoot and practice!

Adaptive Archery Clinics:

Advanced Archery Session Thursdays at 9:00am **Starting 2/7/2020**

Archery 101 Session Thursdays at 10:00am **Starting 2/7/2020**

Location: Papago Park Archery Range-6201 E Oak St Phoenix, AZ



Beginner Archery Dates

Wednesdays
2/17/2020
2/24/2020
3/3/2020
3/10/2020
3/17/2020
3/24/2020

Individual And Small Group

If none of clinics listed fit your schedule, or don't meet your goals, please contact Josh Parks, CTRS @ 602-277-5551 ext 3371 or 602-517-2675 or email Joshua.parks@va.gov to discuss options. It is our goal in Adaptive Sports to help you develop and maintain healthy leisure skills.

We will develop SMART driven goals, connect with community resources, and practice leisure skills to help you be successful!

Check out the links below!

www.ArizonaDisabledSports.com

[Arizona Spinal Cord Injury Association](#)

[City of Mesa Adaptive Recreation](#)

[Arizona Spina Bifida Association](#)

[Mesa Public Schools](#)

[Arizona Cerebral Palsy Association](#)

[Special Olympics Arizona](#)

[Disabled Sports USA](#)

[Ability360](#)

[Adaptive Sports USA](#)

[Ability 360 Sports & Fitness Center](#)

[US Association of Blind Athletes](#)

[River of Dreams](#)

[Mesa Convention and Visitors Bureau](#)

[US Paralympics](#)